

Evidence Informed Doula-Support

MedCity Doulas provides trained, non-medical support during pregnancy, birth, postpartum transition, and critical illness.

Research demonstrates that continuous support from trained doulas improves maternal and neonatal outcomes, enhances patient experience, and complements clinical care without duplicating medical roles.



- 39% lower likelihood of cesarean birth
Continuous labor support is associated with a decreased probability of cesarean.

- 31% lower use of synthetic oxytocin for labor augmentations
Continuous labor support reduces the need for synthetic oxytocin during labor.

- 38% reduction in negative birth experience
Continuous labor support decreases the likelihood of patients reporting negative perceptions of their birth experience.

- 15% higher likelihood of spontaneous vaginal birth
Continuous labor support is associated with higher rates of vaginal delivery.

- 9% lower use of pharmacologic pain medication
Continuous labor support reduces the need for opioid pain relief during labor.

Clinical Research Partnership:

MedCity Doulas is engaged in clinical research and program development with clinicians exploring how doula support can be integrated into healthcare.

Integrating Doulas Into Clinical Care

Role in the Hospital:

- Provide emotional, physical, and informational support
- Reinforce patient education provide by clinical teams
- Facilitate communication between patient and care team
- Maintain continuous bedside presence during labor and delivery
- Respect clinical roles and scope of practice

Doulas do not provide medical advice or make clinical decisions

When to Refer:

- Patients experiencing anxiety, depression, trauma history, limited social support, teen pregnancy,
- Complicated or high-risk pregnancies
- Families facing prolonged hospital stays
- Patients seeking postpartum transition support
- Patients navigating serious illness or loss

Supporting At-Risk Populations:

Doula support has been shown to improve maternal and neonatal outcomes for individuals from historically marginalized populations, including Black, Indigenous, and other people of color, patients with limited access to care, and those experiencing social or economic disadvantage.

Referral Process:

Providers may submit a referral using the online form
Patients can contact MedCity Doulas directly
Providers are welcome to reach out directly

Contact: info@medcitydoulas.com | 507-218-3707

Insurance Coverage & Accessibility

Certain services may be reimbursable through some private and state insurance. Providers are encouraged to share coverage options with patients.